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Nature Made

CALM & RELAX™

Clinically Proven Ashwagandha†

**Ashwagandha to reduce stress and
Magnesium to help relax the body†**

60 VEGGIE CAPSULES | Dietary Supplement

SUGGESTED USE:

Adults, take 2 veggie capsules daily with water.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

Supplement Facts

Serving Size 2 Vegetarian Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Total Carbohydrate less than 1 g	<1%**
Magnesium (as Magnesium Oxide) 300 mg	71%
Sensoril® Ashwagandha (<i>Withania somnifera</i>) root and leaf extract 125 mg (Standardized to 10% withanolide glycosides, 12.5 mg)	*

* Daily Value not established.

** Percent Daily Values are based on a 2,000 calorie diet.

†SENSORIL® is clinically proven to reduce cortisol and perceived stress.†

SENSORIL® is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478, and is a registered trademark of Natreon, Inc.

Encapsulated and quality tested in the USA.

Made to our guaranteed purity and potency standards.



No Color Added
No Artificial Flavors
No Preservatives
Gluten Free
Vegetarian

CAUTION: If you are pregnant, nursing, or taking medications consult your physician before use.

OTHER INGREDIENTS: White Rice Flour, Hypromellose, Magnesium Stearate, Silicon Dioxide, Maltodextrin.

DISTRIBUTED BY:

Nature Made Nutritional Products
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1-800-276-2878

www.NatureMade.com

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lot.:
Exp.: